



A CUP OF HEALTH

BETTER SLEEP: WHAT'S GETTING IN THE WAY?

1 in 3 American adults fail to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us for this educational session presented by a registered nurse to discuss what's getting in the way of better sleep and what you can do about it.

MARCH 22ND | 1:30-2:30 PM
ELM GROVE PUBLIC LIBRARY

13600 Juneau Blvd | Elm Grove, WI | (262) 782-6717
To Register: Register online at www.elmgrovelibrary.org

Handouts on the topic and a small gift will be available for participants at the end of the session.